

I am Barbara Nadolny, a Registered Nurse and Certified Diabetes Educator. I am the lead Diabetes Educator for the Stamford Hospital Diabetes Education program. I am also the Legislative Co-Chair for The Connecticut Alliance of Diabetes Educators. I am writing this on behalf of the people of Connecticut that have with diabetes.

Studies have shown that Diabetes self-management education taught in an accredited Diabetes Education Program can significantly reduce blood glucose levels. People with diabetes learn the skills needed for diabetes self-care which includes monitoring, taking medications, healthy eating, being active and reducing risks. Diabetes Education is the missing piece of diabetes care for patients with Medicaid and yet it is the key to living well with diabetes.

I would like to share a patient story. A patient was sent to see me after having uncontrolled diabetes for 18 months. His doctor an Endocrinologist or diabetes specialist had added both long acting and rapid acting insulin- 4 injections per day. His glucose did not improve so they increased his insulin doses and sent the person to see a nutritionist (not a certified diabetes educator) who taught him to carbohydrate count so the doctor could teach him how to match his insulin to food with a carbohydrate ratio. His glucose did not improve and they increased his insulin dose. After 18 months he was sent to me and within 5 minutes of the appointment I understood the problem. The person was not pressing the button on the insulin pen so he was never getting any insulin. I asked him how long the insulin pen lasted and he told me he read the directions carefully and he knew that after 1 month he should discard the pen and open a new one. This person was an attorney and very intelligent, This person threw out his insulin for 18 months and had poor control of his diabetes until he was seen by a diabetes educator! I have many stories like this to tell.

Please support bill 5266 to help the Medicaid population of Connecticut.

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Stamford Hospital Diabetes Education Program